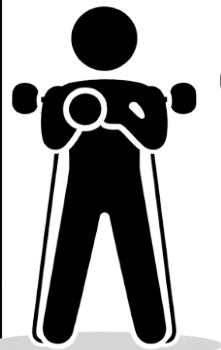
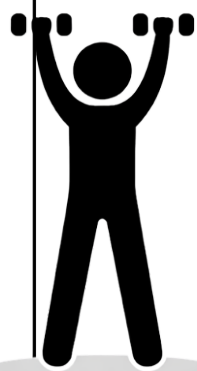




Full Body Workout

Fit for Life at Any Age

 Bodyweight Squats 10–15 reps ☞ Keep chest up, sit back into your hips	 Curls (Bands or Dumbbells) 10–12 reps ☞ Control the movement
 Pull-Aparts (Bands) or Reverse Fly (Dumbbells) 10–15 reps ☞ Great for shoulders & posture	 Overhead Press (Bands or Dumbbells) 8–12 reps ☞ Keep core tight
 Wall or Incline Push-Ups) 8–12 reps ☞ Modify as needed	 Low Impact Cardio (March or Walk in Place) 30–60 seconds ☞ Keep moving

🕒 10–15 minutes | Repeat 2–3 rounds | Rest 30–60 sec as needed

Consult your physician before starting any exercise program. Perform all exercises at your own pace and stop if you feel pain or discomfort.